

MMS User's Guide

Here are recommendations for the use of MMS alias Chlorine Dioxide, written by Jim Humble.
The website of Jim Humble is here <https://jimhumble.co/>
Testimonials of patients using MMS are here:
[All - MMS Testimonials - Master Mineral Solution, Miracle Mineral Solution](#)

What is Chlorine Dioxide? Watch this short video.
<https://youtu.be/z0K7S4JwUkc>

Where to buy Sodium Chlorite?
<https://heilkraft.online/chlordioxid-trinkwasseraufbereitung>
www.vitalundfitmit100.de (German)

The one above also presents the website in English.

----- General protocols: SUMMARY -----

Remember that the MMS is always mixed with the activator, which is in the separate bottle. The activator is citric acid, lactose acid or saline acid. Repeated small doses are more effective than large morning - and evening doses. The dosing is a slow building up of drops, even half a drop at a time to begin with.

Treating Tinnitus and vertigo:

1. Glass Protocol: We activate between 6 and 8 drops of CDS in a glass, without adding water. Then we place the affected area immediately over the glass rim, impeding the release of gas, and with precaution that the liquid never touches the skin. **The length of exposure is typically 3 minutes. It must never be over 5 minutes to avoid irritations. The treatment is usually performed between 1 and 3 minutes and it can be repeated as many times as necessary, with one-hour intervals. It's the evaporating gas that disinfects without the need to soak the area.** This can also be useful in ear problem treatments. We place the ear on the glass rim, allowing the gas to reach deeper into the affected area, where often water can't reach due to inflammation that shrinks the ear conduct.

2. A treatment by means of a hot bath. See page 6

3. Clearing the sinuses, vocal chords, and inner ear.
See page 8

ClO2 means Chlorine Dioxide. Here's a short video explaining what it is:
<https://youtu.be/z0K7S4JwUkc>

CDS is a different method of making the same remedy (as MMS) by adding the gas that is produced by the MMS mixture, to the water during the night. I've got a large bottle of CDS in my fridge, ready for

use. There's info at the end of this document, about CDS, created by Andreas Kalcker, plus his website.

He demonstrates his method of creating CDS in videos online, on his website, and probably also in alternative social media, like Rumble and Odyssee.

MMS/CDS is an oxidiser, removing the bad pathogens from the body, leaving the good stuff alone, so that the immune system will be able to heal the body, once the infection and pain are gone.

Put as much MMS into the body as you can without feeling bad after drinking it. Avoid all forms of Vitamin C for two hours before and after taking MMS, not in fruit or drinks. Also no coffee, and drinks that contain caffeine. When waking up, waiting with a dosage of the remedy for an hour at least, drinking coffee is okay, just like an hour or so after taking the last dose of the day.

Thoughtfully maintain a nutrition program adequate to maintain your immune system. Don't eat 1 hour before and 1 hour after taking a dose. **During the day, include a longer pause between dosages, in order to eat lunch or something.**

With the older form of using MMS, activated with citric acid, there's a need for stomach acid in the stomach to further activate MMS, so that having a light snack, halfway between dosages, is a good thing.

Dosage Chart for C		
MMS1	CDS	
1 drop	2 ml	
2 drops	4 ml	
3 drops	7 ml	
4 drops	9 ml	
5 drops	11 ml	
6 drops	13 ml	
7 drops	15 ml	
8 drops	18 ml	
9 drops	20 ml	
10 drops	22 ml	
11 drops	24 ml	
12 drops	27 ml	

----- General protocols : DETAIL -----

Remember that the MMS is always mixed with the activator which is in the separate bottle. **The ratio of Sodium Chlorite and Citric Activator is 1:1.** It's ready for use when the colour turns yellow/amber. Add the water to it, and when you wish to stir it, use a plastic or wooden spoon, never metal. With the 1:1 mixture, the yellow/amber colour shows up after about a minute (a little longer is fine). Always use the MMS quite soon after activating, diluted with water.(small glass)

It'll stay activated for a little while, about 1 hour, but do remember that you can't store it for hours or days in its activated state. **Stored in the fridge, cool, and**

in the dark, is the best place for ready-to-use MMS/ solutions CDS, like the amount of volume used for 1 day. I store my bottle of CDS (undiluted) in the fridge. **Use always brown or green glass for storage of the substances.**

Repeated small doses are more effective than large morning- and evening doses. It has been demonstrated that small doses administered often, up to once each 1 ½ hour is more effective than large doses administered once or twice a day. It doesn't matter if it's a large amount or small amount: it still deteriorates into mostly just table salt in an hour or two. Never think "the more the better"

If you're taking larger MMS doses only in the morning and evening, MMS will cleanse the body of most pathogens. However smaller but-continuous circulation of ClO₂ [chlorine dioxide] prevents regrouping and reproduction of pathogens, especially viruses. **An effect of too much too fast, is called a Herxheimer effect.** Pathogens are released into the bloodstream, causing headache, nausea, or cramps in the bowels, also diarrhea. The detoxification is too fast in that case. When such symptoms show up, take half the dose you used to prepare, but don't stop.

Put as much MMS into the body as you can without causing an increase in sickness, nausea, or diarrhea. Always start with preparing a one drop dose, In the case of MMS: sodium chlorite and a citric acid, that's 1 drop of each bottle, mixed in a clean small glass until the colour turns amber.

Add (preferably filtered) water to it and drink the solution. Increase the number of drops every time you feel you can, it needs a bit of discernment experience. Stop the treatment when you are feeling well.

Alternatively, if you are just trying to "clean yourself out", then try taking 15 drops three times a day. If you can take 15 drops three times a day for a week, without nausea or diarrhea or other negative effects, then most likely the majority of the infections, pathogens and parasites are gone.

After you are "cleaned out", an optional **maintenance dose is 3 drops a day, or 6 drops twice a week. Older people, or those with metabolisms requiring more support, might benefit from a maintenance dose of 6 drops daily. It's my (Marian's) own maintenance dose, and the beneficial effect that is noticeable, is with my digestive system, regular and good sleep, with good energy by day.**

Nausea and diarrhea are both good signs that MMS is working. Diarrhea lasting for an hour or two is a very good sign, but if this continues for several days it can cause more harm than good. So always decrease the drops when these temporary barriers arise - they are temporary in most cases. But please, don't be a Spartan, don't hurry.

Avoid all forms of Vitamin C for two hours before and after taking MMS. This is a temporary requirement, necessary during the significant weeks of your increasing the level of drops where you can be considered to be "cleaned out." If you're taking Vitamin C capsules marked as the "12 hour" (continuous release) type, you will have to discontinue their use.

Thoughtfully maintain a nutrition program adequate to maintain your immune system. MMS eliminates unwanted pathogens and parasites from your body with great efficiency, but it provides no nutritional minerals or vitamins. Maintain an intake of friendly micro-organisms (acidophilus, kefir, kombucha, fermented food like tempeh or miso).

MMS itself does not kill friendly intestinal micro-organisms, but forceful diarrhea can sometimes reduce their numbers. Similarly, maintain the intake of minerals - especially calcium and magnesium. Nutritional intake is critical to the immune system. Daily sunshine on the skin will maintain your vitamin D3 - or, if you rarely see the sun, you must maintain your Vit. D level with supplements, like fish oil. Vit. D is essential for good maintenance of the immune system.

While MMS is the most potent germicidal agent on the planet, only your own immune system produces healing and maintenance of health.

----- HOW TO TAKE MMS -----

Once mixed, wait till it is yellow/amber in colour. Adding water and some juice (without Vit. C in it) to improve taste (when using a citric acid as activator) to the mix. A one-or-two minute wait enables you to drink the mixture. The amount of water matters very little, as the MMS will still do the same cleansing within your body.

After drinking the mix with the water the **ClO₂** [chlorine dioxide] **gas** will circulate in the body for less than two hours. (Some amounts of ClO₂ are generated as a secondary reaction after the water is added, due to the HCl [hydrochloric] acid in your stomach.)



Obelix isn't allowed to drink the magic potion, for he fell into the cauldron with it when he was a toddler. Now he's superstrong always. But he tries anyway!

You could repeat any MMS dose every two hours (or less but not within less than 1, 5 hours, without harm, provided you observe the temporary barriers created by diarrhea or nausea. A pause of 1, 5 hour is best, so that you wait for 1 hour before eating, or drinking coffee, and again, wait for 1 hour after eating, before taking a dose of MMS again. A maximum of 8 times a day as long as you're

treating an immediate inflammation or condition in an emergency of some sort. Check the protocols.

-- Dose for adults--

Always start with ½ a drop, by activating 1 drop (from each bottle 1 drop = 1 drop activated MMS) add water when the colour is amber yellow, and **drink half of the glass content**. To activate MMS, add the activator in a ratio of 1:1 **Adding a bit of honey, or agave syrup, might work well, to improve the taste.**

Repeat this procedure, gradually increasing the number of drops. Listen to your body and use your personal intuition: increase the dose if you feel fine, and decrease it if you feel nausea. Decrease by half of the last dose.

Increase the dose slowly on a day-by-day basis to a maximum quantity of 45-50 drops per day. The 45-50 drops are the total amount per day and not taken in one dose. Do this SLOWLY - because raising the dose too quickly may cause nausea and vomiting, signs of a Herxheimer effect.

Note: If you notice diarrhea, or even vomiting, this is not necessarily a bad sign. You're killing pathogens faster than your liver can process them for elimination. So just slow down the killing process by lowering the dose: the body is simply getting rid of poisons and cleaning itself out. You're likely to feel much better afterwards.

Do not take any medicine to stop the diarrhea, for it should not last. But DO stop the treatment (or lower the dose) if diarrhea is prolonged over a period of many days. **After 14 days of treatment for infectious diseases you may rest for two days taking some N-Acetylcysteine to re-establish glutathione (1200-1500 mg).** This can be purchased at pharmacies. Quercetin powder is a glutathione source as well, This substance is present in vegetables and fruit. See image below:



-- Dose for children:

For children, the protocol is essentially the same. One should usually start at half of one drop. Make a one-drop mixture, and then pour out half of the drink before giving it to the child. Then increase this from 1 to 2 to 3 drops as above, but do not go beyond 3 drops for each 25 lbs (11 kg) of body weight. With a baby, start with half a drop every 3 or 4 hours and stop when the baby is well.

If the baby or child becomes nauseous, wait an extra hour or two before giving another dose - and also give a smaller dose. Give these smaller doses until the baby or child can tolerate more, but do not stop giving doses until they are well. Children who are sick with the flu or other viral diseases should have half a drop every hour and a half during most of the day.

Spray activated MMS anywhere on your skin.

MMS has been reported to be effective against localized skin sores or diseases: psoriasis, acne, wounds, burns, herpes, insect bites, eczema, skin cancer, and more. The mixture must have a small amount of water added to make the liquid ready for spraying. It does not bleach hair, and does not harm the skin. If you have open sores or cuts, it may cause a sensation of light burning but it promotes very rapid germ-free healing of wounds.

Treatment of wounds -- Dose:

Use 8-10 activated drops of MMS in a regular cup. Wait 1 minute until it changes to yellow/amber and then add some water. Apply to the affected areas, wait 1-2 minutes and then rinse with water.

Use MMS in a hot bath.

Our skin is a completely permeable organ which has the capacity to act as a membrane, allowing exchange by osmosis between the inside and outside of our body. A hot bath with activated MMS in the water exposes the entire skin surface to ClO₂. **ClO₂ means Chlorine Dioxide. Here's a short video explaining what it is:** <https://youtu.be/z0K7S4JwUkc>

In mainstream media, since the 70's, MMS is called bleach, just to ridicule the effectiveness of this remedy. The chemical formula of MMS is different from bleach. MMS alias Chlorine Dioxide, is used in swimming pools, in all watery bodies that need to be clean for people's presence, and the food industry has used MMS for a long time, to keep food free of germs and fungi, in short, used as a preservative. Surgical instruments are made sterile with MMS also.

Adding hot water continually, is recommended, while sitting in the bath for 20 to 30 minutes, in order to not cool off. The pores of the skin open, and the ClO₂ is absorbed through the skin and into the muscle tissue. Since blood is always present in muscles, the ClO₂ merges into the blood plasma providing greater concentration of detoxifying action against parasites, yeast, fungus and other pathogens.

For a hot bath -- Dose --

Rinse the bathtub. Do not put any soap or other chemicals in the water. Activate 30 drops of MMS by mixing in a glass. Wait until the colour is yellow/amber. Fill the tub about 20-30 cm (8-12 inches) with hot water. Don't put any soap or other chemicals in the water. Add the activated MMS to the water. Note that the water does not reduce the amount of ClO₂ gas being released.

Soak your entire body in the bath, including your head and scalp. If some water accidentally enters your eyes, they will not be harmed as this dose of highly diluted MMS will not cause any harm; nevertheless, it's best not to do this deliberately. Open sores usually heal more quickly from the disinfectant action of MMS.

Add more hot water. The heat expands your skin pores and the MMS will penetrate into the body. From the third bath, you should notice a significant improvement. This method sometimes works very effectively indeed.

Treating Tinnitus and vertigo:

1. Glass Protocol: We activate between 6 and 8 drops of CDS in a glass, without adding water. Then we place the affected area immediately over the glass rim, impeding the release of gas, and with precaution that the liquid never touches the skin. **The length of exposure is typically 3 minutes. It must never be over 5 minutes to avoid irritations. The treatment is usually performed between 1 and 3 minutes and it can be repeated as many times as necessary, with one-hour intervals. It's the evaporating gas that disinfects without the need to soak the area.** This can also be useful in ear problem treatments. We place the ear on the glass rim, allowing the gas to reach deeper into the affected area, where often water can't reach due to inflammation that shrinks the ear conduct.

--- To knock out Viruses ---

For viral infections such as flu

-- Dose --

Take 2-6 drops every 1-3 hours, up to 6 times a day (depending on the severity of the case and the resistance of each person). Begin with 2 drops, and increase the dose carefully depending on body tolerance. The maximum dose is 45-50 drops per day. This doesn't mean a dose of 45-50 drops by each intake, but a total of drops throughout the entire day.

For Oral Disease.

For oral disease (stomatitis, gingivitis, dental abscesses, ulcers, peritonitis, mouth infections).

- - Dose - -

Use 5 drops of activated MMS in a small glass. Wait 1 minute until it changes to yellow/amber and then add some water. Then brush the teeth with the solution. After brushing, it's important to rinse your mouth with water.

For Ear Infections.

-- Dose - -

Use 2-3 drops of activated MMS = 4 ml. CDS in a very small glass (20 cl or 6-8 oz), wait until it changes to yellow/amber, and then add warm water. Fill a dropper and drop it gradually into the ear.

For Body Odor.

MMS is a magnificent deodorant, as it eliminates the cause of strong body odor by attacking and destroying its root cause: bacteria and fungi. MMS is very effective against underarm odor, foot odor, etc. It's important to use safe methods such as MMS in our personal care and remember the potentially carcinogenic effects of commercial deodorants and antiperspirants that have been reported to be a factor in many cases of breast cancer.

-- Dose --

Once a day or every two days depending on each individual. Use 3-5 drops of activated MMS in a small glass, wait until the colour changes to yellow/amber, and then add some water. Apply to the affected areas, wait 1-2 minutes (this can be done with a cotton swab or an aerosol spray) and then rinse with water or take a shower.

Clearing the sinuses, vocal chords, and inner ear.

Briefly breathe the ClO₂ gas into the nose, head, and sinuses. This method is effective in situations where there are germs or pathogens in your sinuses, vocal chords, or ears.

-- Dose --

Sitting with your mouth or nose over a cup of activated 2 drop MMS mixture = 4 ml. CDS (definitely no more than 4 drops) and with no water added, inhale the distinctive-smelling ClO₂ gas into your nostrils or mouth. **Breathe normally, don't force it.**

*** NOTE: Do not breathe the ClO₂ gas into the lungs too deeply or for too long because of the possibility of unexpected depletion of oxygen.**

If it seems too strong, move the cup further away, or prepare a weaker mixture. This has proven effective in killing germs in the sinuses that are often the cause of post-nasal drip.

*** NOTE: If you have any history of asthma, use low doses and stop immediately if you have any sensation of an asthma attack.**

Remember, it is the ClO₂ - the gas that you can smell - that is the germicidal agent. Germs live and thrive in mucus and phlegm. ClO₂ gas can kill them, and prevent further production of mucus. **DO NOT EXCEED the 4 drop maximum mixture, and take frequent breaks by breathing normal air to assure replenishment of oxygen to the lungs. You can always mix a second dose later if you want more exposure. Heed these cautions.**

Remember that you are responsible for using this strategy correctly, so avoid prolonged deep breathing of the ClO₂ and always alternate it with deep breathing of normal air.

Use MMS in an Enema.

MMS retention enemas are effective in cleansing the colon walls, and can help in cases of hemorrhoids, rectal fissures, vaginal candidiasis, and so on. Enemas cause the ClO₂ to be absorbed and mixed with the plasma of the blood - the blood liquid. MMS benefits are more available to more parts of the body more quickly when the ClO₂ is carried in the plasma.

-- Dose --

Use 3-5 activated drops of MMS in a regular cup, wait 1 minute until it changes to yellow/amber, and then add warm water. Fill an irrigator with one or two liters and introduce into the rectum (or vagina), retain water for about two minutes, and evacuate.



For Cancers and tumors.

-- Dose --

Day 1: 2 activated drops every hour, 6 or 7 times a day.

Day 2: 3 activated drops every hour, 6 or 7 times a day.

Day 3: 4 activated drops every hour, 6 or 7 times a day.

Day 4: 5 activated drops every hour, 6 or 7 times a day.

Day 5: 6 activated drops every hour, 6 or 7 times a day.

Day 6: 7 activated drops every hour, 6 or 7 times a day.

Then for the next five 5 weeks, 7 drops every 1 hour 6 or 7 times a day (maximum 50 drops per day. Not 50 drops in one dose).

For HIV / Hepatitis C.

Treating HIV / AIDS / Hepatitis C is a longer term project, and must take into account the drop in CD4 and viral load increases. In 5-6 months they usually revert to normal again. Test results have been 80% positive in the long term.

-- Dose --

From 2 to 5 activated drops every two hours, for one week (depending on severity). For six months 30-45 drops (activated) per day (not this amount in 1 dose) - spread in the most appropriate and accessible way to each person.

In an Emergency

In cases of severe pain, fast rising infection, or sudden unknown illness, this protocol is for a quick urgently-needed result, especially if there are specific acute conditions. Snake bite, insect bite

-- Dose--

Use 6 drops of activated MMS, and after 2 hours, another 6 drops. Then take

3 drops every 2 hours. Soon there should be a clear improvement. The last dose before bed may be higher depending on the event and tolerance.

Keep taking the dose to end the disease or infection.

Treatment of animal ailments:

Chapter 15 Animals Protocol for Animals (from the Health Recovery Guide by Jim Humble). The book can be ordered here, also as an e-book for a low price: [BlueJay Books - Buy our books here](#)

All of the protocols in this book can be applied to most animals (there are some variations for ruminants) from dogs and cats, to horses, hamsters, and elephants.

This chapter on animals is not meant to be comprehensive by any means. Time and space do not permit at the time of this writing.

However, I do want to give you some general guidelines and rules for animals, which if followed should allow you to handle most of their diseases and health problems. For animals, as with humans, through on-going use of MMS we have learned new things. It has become more and more obvious that animals and humans react to the healing benefits of MMS in similar ways. Basically all the same rules apply for animals as with people when using MMS. That is, if the animal seems to get better with what you are doing, keep up with what you are doing.

Do not change anything. If the animal seems to get sicker with MMS, such as having diarrhea or vomiting, then reduce the dosage you are giving by one half, but do not stop. If you do not see positive results of any kind within three to four days, you would then go to the next level of protocol. With animals, I suggest less waiting time than with people before going to the next level of the protocol, because normally animals respond (heal) faster than humans. For the most part you can help an animal with MMS pretty much the same as a human. If you have read and carefully studied this book, the same rules and principles apply, with some minor adjustments.

Oral dosage of MMS is different for animals than for humans and depends on their weight. Ruminants (e.g., cows, sheep, goats, etc.) are different than humans, cats, dogs, etc., in that they have a four-compartment stomach. I do not have a great deal of personal experience with these animals, although feedback I have received from those heavily involved with ruminants suggests the following:

These animals are able to take oral doses of MMS1, as long as it is activated with HCL (hydrochloric acid) and not citric acid. HCL is found inside the stomach and needed for many processes involved in digestive health.

Citric acid has been known to cause problems for ruminants. So if using oral doses of MMS1 for a ruminant, use 4% HCL as the activator, or give oral doses of CDS. In addition, a variation of CDS known as CDI (Chlorine Dioxide Injectable) has also been used successfully with these animals. Now that other acids are useful as well, lactic acid and salt acid are activators suitable for ruminants also.

For more information on CDI, check out Andreas Kalcker's work, he worked in South America a lot, and lives in Switzerland. With his assistance, the state of Bolivia has officially declared MMS as a remedy, free to be offered by doctors, and applied in hospitals for the first symptoms of Covid-19. Both oral dosing with MMS1 and CDS, and injections with CDS have been successful. Here's an interview with the mayor of the capital of Bolivia:

https://t.me/Chlorine_Dioxide/272

We will learn more as time passes, but this has been working so far. CDS is activated MMS prepared in a different way, by letting the gas enter the water during 12 hours.

For a second comprehension, here's the video again: What is Chlorine Dioxide? Watch this short video. <https://youtu.be/z0K7S4JwUkc>

To use citric acid that is more than a year old, reheat for 5-10 minutes and it will be good for another year. Citric acid is not found naturally in the body as is HCl.

The 4% HCl solution is preferred by some people, however citric acid is used by many as well, it is sometimes more readily available and easier to transport. Like on flights, where lemon juice is likely to be tolerated by border control,

There's another activator not leaving a bad taste after ingesting: Salzsäure 4%. This means in English "saline acid". There is a 3rd activator as well, a lactic acid. It's sold by a German company www.vitalundfitmit100.de. The category in the web-shop for Chlorine Dioxide is Wasseraufbereitung & Co. Which means in English: Water treatment.

The term is visible on the home page. It's a distributor in Europe only, that is to say, continental Europe. This remedy has been known since halfway the 19th century when it was used in a Belgian Spa resort for patients with skin diseases. MMS has caught much more attention in the years since early 2020. There's so much more to explain about MMS, but for a practical use of the remedy, I hope this document is helpful and that the protocols may benefit your good health, when in need of it. Blessed be....Devon.



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Author: Andreas Ludwig Kalcker

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